

PARENT & TOT

Parenting Tips



X off each circle as your child progresses.

- Water adjustment
- Entering & exiting pool
- Exploring the pool
- Bubble blowing
- Front float with support/face to face position
- Back float with support/cheek to cheek position
- Kicking on front with support
- Kicking on back with support
- Jumping in with or without support
- Scooping/going underwater
- Passing/side to side position
- Front glide/drafting
- Back glide/drafting
- Rolling over
- Supported arm strokes
- Learn 3 songs or games/dance position
- Water safety & pool rules

Helpful hints for your child to be successful in his/her class.

Bring your child to the pool during recreational swim and practice the following items. You must be in the water and feel comfortable at all times during the practice of these skills with your child.

1. Bring your child to the pool often and play with him/her in the water. Bring their favorite bath toy to help them feel more comfortable.
2. Always have a smile on your face and act like you really enjoy the water. Your child will pick up on any fear you have of the water.
3. Learn the songs used in the class and sing with your child in the water.
4. The hardest skill your child will learn is to feel comfortable on their back. Practice this often. Use the cheek to cheek position.
5. Do not take your child under water more than 3 times during your visit.



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